

Measuring

Measure 1C of flour from the container in the desk. (Use a paper towel under the cup.) Lift flour and measure again. That which is in the cup, level full is a true cup full.

Table of Abbreviations

Teaspoon is = t or tsp.

Tablespoon is = T or tbs or tbsp

Cup is = C

Water is = H_2O

Double boiler is = D.B.

Baking powder is = B.P.

3 tsp = 1 tbs

16 tbs = 1C

2C = 1 pt

We always wash our hands
before we start to work with food.

for 2 girls

Lesson 6

9.

Christmas Fruit Cup

6 slices of peaches	$\frac{1}{2}$ slice of pineapple
$\frac{1}{3}$ c fruit juice	1 tsp sugar
About 14 cranberries	4 mint leaves

Wash and stem cranberries. Save out 2 of the prettiest, cut up the others and sprinkle with sugar. Wash the mint leaves. Choose the serving dishes and set the table.

Cut the fruit into pieces suitable for bites add the fruit, add the cranberries. Arrange neatly in the serving dishes. On top put the two mint leaves and the whole cranberries, like a sprig of holly.

Cranberry Apple Sauce

1 apple
 $\frac{1}{2}$ C sugar

$\frac{1}{2}$ C cranberries
 $\frac{1}{3}$ C H_2O

Wash, peel and cut apple into eights. Wash and stem cranberries. Put sugar and H_2O onto boil in saucepan. When it is boiling add the apple slices. Put on the cover. Cook slowly until tender. Remove apples to a serving dish. Put the cranberries into the saucepan. Cover, let cook until all berries have popped. Remove cover and let boil about 1 minute longer. Pour over the apples. Let stand for several hours before serving.

For girls

Lesson 7

11.

Drop Cookies

$\frac{1}{4}$ C brown sugar 2 tbs fat
 $\frac{1}{2}$ tbs B. P. $\frac{2}{3}$ C flour
 $\frac{1}{4}$ tsp each of salt, $\frac{1}{4}$ C raisins
cinnamon and cloves. $\frac{1}{2}$ egg

Follow the B.C.M.

Cream fat and sugar. Sift flour, measure add spices, salt and B.P. Sift twice more. Beat egg add to creamed sugar and fat. Stir in flour mixture, add washed raisins. Drop from a teaspoon, on a oiled cookie sheet. Bake at 450° about 10 minutes

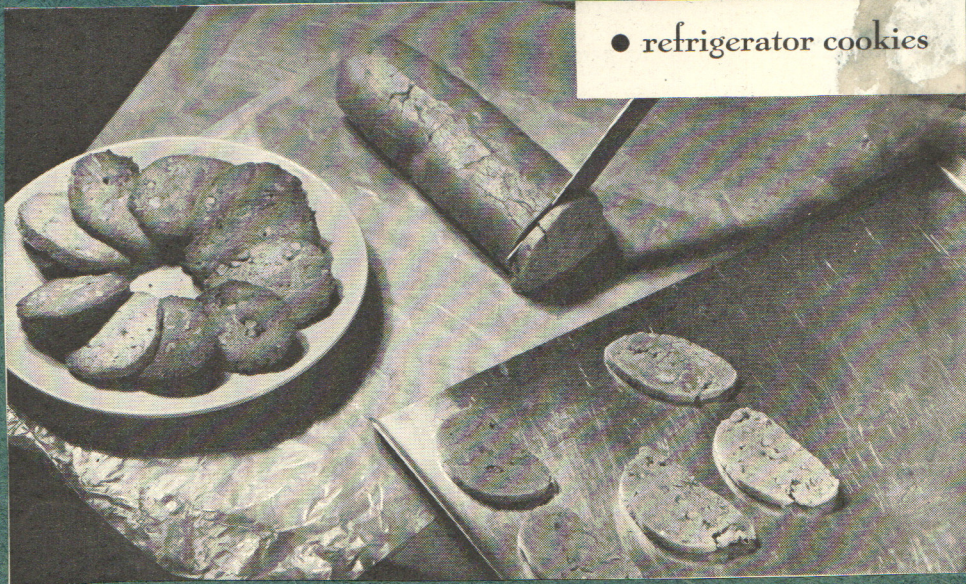


Holiday Cookies

Molasses Crisps

3 tbs molasses	$\frac{1}{2}$ tsp. soda (scant)
$1\frac{1}{2}$ tbs fat	$\frac{1}{3}$ tsp mixed spice
$\frac{3}{4}$ C flour	spk. salt

Heat molasses in a bowl over hot H_2O . Add fat and melt. Beat it in. Sift dry ingredients and stir them in. Mix well. Roll in oiled paper and chill for several hours. Roll on a slightly floured board to $\frac{1}{8}$ " thickness. Cut in fancy shapes. Bake in a 375° oven about 10 min. Frost with an icing. Made of $\frac{1}{2}$ C powdered sugar and 1 tbs H_2O sprinkle with fancy sugar etc.



Holiday Cookies

Holly Wreath Cookies

$2\frac{2}{3}$ tbs fat	$\frac{3}{4}$ C flour
$2\frac{2}{3}$ tbs sugar	spk salt
$\frac{1}{2}$ a well beaten egg	$\frac{1}{3}$ tsp B.P.
$\frac{1}{4}$ tsp vanilla	

Follow the B.C.M.

Chill as you do the Molasses Crisps. Roll to $\frac{1}{8}$ " thickness. Cut with a doughnut cutter. Decorate with small pieces of candied citron and candied cherries to represent holly. Lay on oiled baking sheets and bake at 400° for 10 to 12 min.

Christmas Fondant

2 tbs sweetened condensed milk
 $\frac{1}{4}$ tbs vanilla spk salt
About $\frac{2}{3}$ C confectioners sugar

Put milk and sugar in a bowl at a supply table. Sift sugar add slowly to milk. Mix with a (fork) fork and work in well before adding any more. When it is smooth and easy to handle divide into two parts. Before adding the last tbs sugar take out half of the (sugar) dough.

To part I (the part you took out first.) add 1 tbs cocoa and mix thoroughly. Form into balls about half the size of a walnut. Roll in chocolate shot etc and lay on oiled paper. To part II shape into similar sized balls and roll in coconut, etc.

CocoaPart I

1C milk

Part II

1 tbs cocoa

 $1\frac{1}{2}$ tbs sugar

Spk salt

 $\frac{1}{2}$ C H_2O

Heat milk in D.B. Mix part II altogether in a saucepan. Cook over a slow fire stirring constantly until slightly thickened. Add to hot milk. Beat with a eggbeater. Serve. Reasons for beating before serving are. —

1. Mix cocoa + milk together.
2. Break up the "scum".
3. Improve flavor
4. For looks

Picture on Dye

The picture of dye was very interesting. He were told where it was made and how it was made and shipped and sold. Part of it was in color.

Toys girls

Milk Toast

2 slices of bread

 $\frac{2}{3}$ c milk

1 tsp butter

spk salt

Heat milk in D.B. Cut each slice of bread into 3 pieces. Toast in broiler until a delicate brown on both sides. Spread lightly with butter. Arrange on a serving plate pour hot milk over the toast. Sprinkle with a dash of salt and paprika. Serve very hot.

for 2 girls

Cream Sauce of Toast

1 tbs flour $\frac{2}{3}$ C milk
1 tbs butter $\frac{1}{3}$ tsp salt
2 pieces of bread.

Melt butter in top of D.B. over hot H₂O. Stir in flour and salt. Remove inset to table, slowly add milk stirring constantly. Return to fire and stir until it coats the spoon. Cover and cook 3 minutes longer. Cut bread into 3 pieces and Toast. Pour Cream Sauce over it and serve.

7 or 2 girls

Lesson 18

21.

Cream Sauce with Fizzled Beef on Toast.

Prepare a recipe of Cream Sauce
and bread as in Lesson 17

2 tbs Chipped Beef
 $\frac{1}{2}$ tbs butter

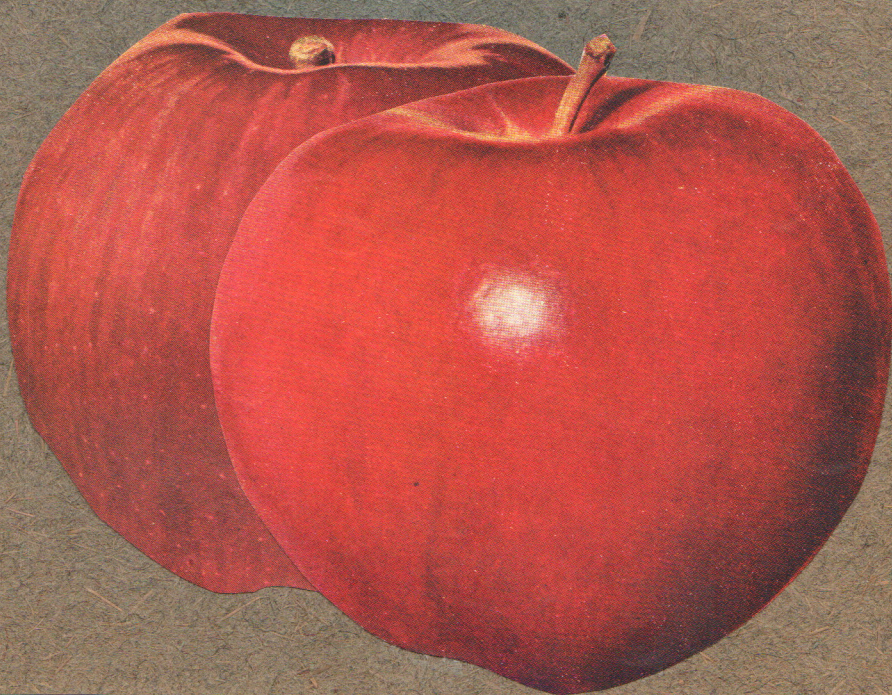
Put butter into frying pan. Melt.
add meat. Stir with a fork until
fizzled. Add to Cream Sauce. Pour
over toast. serve.



Baked apples

1 apple for each girl	spk salt
2 tbs sugar	$\frac{1}{2}$ tsp butter
$\frac{1}{3}$ C H ₂ O	$\frac{1}{4}$ tsp cinnamon

Wash, wipe and stem the apple. Remove the core with an apple core. Arrange the apples in a baking dish. Mix sugar, spice and salt together. Put a tsp sugar in the apple. Put in the butter. Now add remainder of sugar. If it will not go in, sprinkle over the top of apple. It will be absorbed by the apple. Pour the hot H₂O over all until it reaches $\frac{1}{4}$ way up on the apple. Bake at 400° about 1 hour until apples are tender through out.



Book Work

Read Chapter 2 pages 7-19. Hand in answers to questions on page 7.

He will eat the apples when you have finished these questions. Take your soiled towels and wash clothes home tonight. You will work in your own kitchen today.

for 2 girls

Oatmeal with apples

$\frac{1}{2}$ Petmilk (canned)	$\frac{1}{4}$ tsp salt
$\frac{1}{2}$ C H ₂ O (hot)	$\frac{1}{2}$ C quick cooking oats
$\frac{1}{8}$ tsp cinnamon	$1\frac{1}{2}$ tbs brown sugar

$\frac{1}{2}$ an apple, peeled and cut into small pieces.

1. Heat Petmilk, H₂O and salt to boiling point in top part of D.B.
2. Stir oatmeal into milk as it continues to boil.
3. Add chopped apples and cook over hot H₂O until apples are done stirring frequently.
4. Stir in brown sugar and cinnamon.
5. Serve hot with top milk.

Cornmeal Mush

$\frac{1}{3}$ C cornmeal mush Spk salt
1 C boiling H_2O $\frac{1}{2}$ a well beaten
 $\frac{1}{3}$ C cold H_2O egg

1. Stir cold H_2O and cornmeal mush together.
2. Heat the H_2O in the inset of the D.B. add salt.
3. Stir the cornmeal mush mixture in the boiling H_2O .
4. Cook directly over fire until very thick.
5. Place inset of D.B. in the bottom part and cook over hot H_2O about 15 min longer.
6. Beat egg. Fold it in the cooked cornmeal mush.
7. Pour in to an oiled firm and let stand until firm. (Recipe continued in Lesson 23)

Peach Crisp Pudding

2 tbs peach juice $\frac{1}{4}$ tsp cinnamon
3 tbs sugar $\frac{1}{4}$ tsp vanilla
1 tbs butter 1 c corn flakes
 $\frac{1}{2}$ an egg 1 tbs honey
6 pieces of dried peach which have
been soaked in hot H₂O until
tender.

1. Cut peaches up into small pieces.
2. Put in a sauce pan with sugar and peach juice and heat to boiling point.
3. Add honey and butter.
4. Beat egg, add cinnamon and vanilla, stir in corn flakes.
5. Put half of corn flakes in mixture then put $\frac{1}{4}$ corn flakes in bottom of oiled dish. Put the peach on the top of corn flakes then put remainder of corn flakes on top. Bake ten min at 350°
Serve.

Six questions on Cereal

1. Preparing Cereal

a. You can boil it in salt water or milk.

b. Frying it.

c. Baking it.

Serving Cereal

a. You can serve fried mush with syrup.

b. Serve or cook with fruit

c. Cook plainly serve with milk, sugar, or cream.

2. Whole wheat cereals contain these substances; cellulose, mineral matter, protein, fat. These things are in all cereal foods or cereals; cellulose, minerals, salts, protein, vitamins, starch, fat, carbohydrate.

3. 1 Shredded wheat = 1 biscuit

2. Grape nuts = 3 tablespoons.

3. Puffed rice = $1\frac{1}{2}$ cups

4. Cooked oatmeal = 1 cup

5. Cornmeal mush = $\frac{2}{3}$ cups.

4. One Method of Cooking Cereal

Heat H_2O over fire. Mix cereal in cold water. Add to hot H_2O stirring constantly. After a few minutes put in a double boiler until done.

5. 2 hundred cheap & explode

b. hundred

c. whole grain

d. six months

b. a - yes

b - yes

c - yes

d - yes

e - no

f - yes

g - yes

h - yes

i - yes

j - no

k - yes

l - no

Baked Egg Sandwich

2 eggs
 $\frac{1}{2}$ tbs butter

2 slices of bread
spk salt

Oil a baking dish slightly. Make a hole in center of each slice of bread about the size of an egg yolk. Break egg into a saucer and slide the egg yolk into the hole. Dot with butter, sprinkle with salt and pepper. Bake at 400° until the egg is cooked to suit you.

Broiled Bacon on Pineapple Slices

1 slice of bacon 2 pieces of pineapple
4 tooth picks 2 pieces of bread

Cut slices of Bacon in two pieces. Wrap each piece of pineapple with a piece of bacon and pin it with tooth picks. Arrange them on an oiled broiler. Cut bread into three strips. Lay strips of bread on broiler and toast with pineapple. When done butter toast and serve.



Menu

Hawaiian Baked Apples

Eggs a la Golden Rod

To prepare apples:

Wash, quarter and core the apples. arrange in a baking pan. Sprinkle each quarter of a apple with 1 tsp brown sugar and 2 tbs pineapple juice and $\frac{1}{2}$ tsp butter. Bake in a 400° oven until apples are tender, basting frequently with the juice and adding H_2O to the pan if necessary to keep from burning.

Eggs a la Golden Rod

1 hard cooked egg
2 pieces of bread
1 recipe of cream sauce.

To hard cook the egg; put the 2 eggs to be used in your kitchen in saucepan cover with cold H_2O put on cover. Place over fire. When H_2O is boiling turn off the heat and let stand in hot H_2O forty min. Cut slices of bread into 4 strips. Toast. Make cream sauce. Shell egg. Cut up the white add to cream sauce. Pour cream sauce over toast then push yolks through sieve on to the toast. serve.

Book Work

Read Chapter X in *Basin*. Answer questions on Page 104.

1. The knife should be at the right, the fork at the left. Because when you cut anything that is the easiest way to pick up the knife and fork.
2. It is a plate to put your butter and butter knife on. The butter plate is placed above the fork.
3. A heavy cloth that goes under the table cloth to keep the dishes from clattering.
4. The sugar spoon is placed outside the sugar bowl.
5. The carving knife at the right of the plate, the fork at the left.
6. A breakfast plate is smaller than a dinner plate.
7. The foods on the menu are placed on the order we eat them.

B.P.
Kind Flour Soda (Salt) Milk Egg Salt Fat Sugar Sp. Time Method

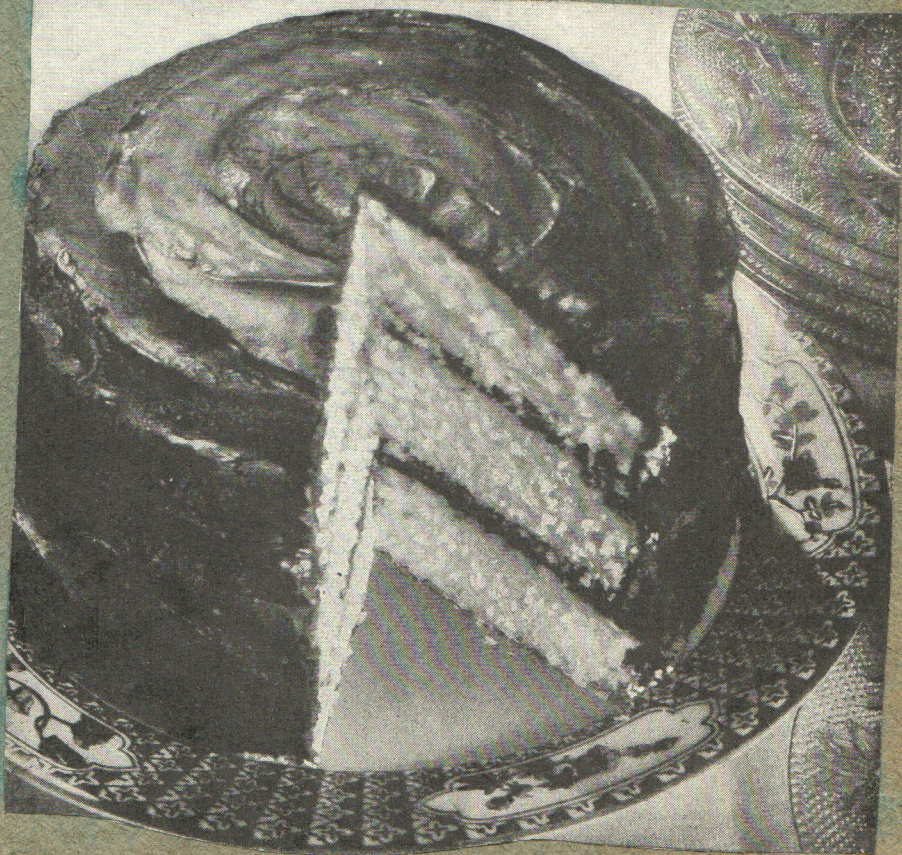
Plain	2C	0	2 ¹ / ₂ tap	1C	1	1 ¹ / ₂ tap	3tbs	4tbs	0	B.C.M.	31
Graham	1C	0	3 tap	1 ¹ / ₂ C	1	1 tap	1tbs	4tbs	1 ³ / ₄ C Graham flour	B.C.M.	33
Corn	1C	3 ³ / ₄ tap	2 tap	1 ¹ / ₂ C	1	1 tap	3tbs	2tbs	1 ¹ / ₄ C corn	M.M.M.	34
Chocolate	1 ¹ / ₂	0	2 ¹ / ₂ tap	1C	1	1 tap	4tbs	8tbs	4tbs cocoa	B.C.M.	36
Plain	2C	0	3 tap	1C	1	1 ¹ / ₂ tap	4tbs	12tbs	1tbs vanilla	B.C.M.	37-38
Chocolate	1 ¹ / ₂ C	0	3 tap	1C	1	1 ¹ / ₂ tap	4tbs	14tbs	1tbs vanilla 4tbs cocoa	B.C.M.	39

Cakes

Table of Muffins and Cakes
Family Recipes

Butter Cake Method (B.C.M.)

Cream fat add sugar gradually. (Use fork.) Sift flour measure add B.P. and salt. Sift again. Beat egg add milk, and vanilla if called for in recipe. Add some of sifted dry ingredients to cream and sugar and fat, then some of milk. Repeat 3 times and all should be combined. Put in slightly oiled cups. Bake at 450° 15 to 20 mins.



Muffin Method Mixture

Sift flour, measure, add all the other dry ingredients, sift all twice. Add oil to milk. Combine by adding the liquids to the dry ingredients. Stir only until well mixed, too much stirring has a tendency to make tunnels or big holes in the muffins.



Lazy Daisy frosting - Chocolate frosting

Lazy Daisy frosting

3 lbs brown sugar	2 tsp canned milk
1 lbs butter	spk salt
$\frac{1}{4}$ C coconut	

Cream butter add. sugar. Add salt. Stir in milk and coconut. Spread over hot cake. Put in broiler, watch carefully. Let the frosting bubble up well then remove. Serve.

Chocolate frosting

$\frac{1}{2}$ C powdered sugar	2 tsp Hot H ₂ O
1 lbs butter	$\frac{1}{2}$ tsp vanilla
spk salt	
2 tsp cocoa	

Mix and sift dry ingredients. Cream butter add dry ingredients and liquid alternately to creamed butter until mixture will spread easily.

Blanc Mangle

3 lbs sugar	$1\frac{1}{2}$ C. milk
$2\frac{1}{2}$ lbs cornstarch	$\frac{1}{2}$ tsp (wall) vanilla
spk salt	1 tsp butter

Mix dry ingredients together stir in $\frac{1}{2}$ C. milk. Heat the other 1 C. milk in D.B. When bubbles form around the edge stir in the cornstarch mixture.

Continue stirring until very thick. Take out spoon, put on cover and cook 5 minutes. Add butter remove from fire and stir in vanilla. Pour in to serving dish, cool, serve.

for 2 girls

Lesson 42

39

Chocolate Pudding

$\frac{1}{4}$ C sugar	$\frac{1}{2}$ C milk
$2\frac{1}{2}$ tbs sugar	1 tsp butter
$2\frac{1}{2}$ tbs cornstarch	$\frac{1}{2}$ tsp vanilla
$\frac{1}{2}$ tbs cocoa	spk salt

Follow method used in Blanc Manger.

Valentine Lesson

Each two girls prepare a small recipe for Plain cake. Bake two recipes in one round cake pan. Remove from pan and frost with Plain Butter Icing as follows.

Plain Butter Icing

$\frac{1}{2}$ C powdered sugar spk. salt
1 tbs canned milk $\frac{1}{2}$ tsp vanilla
 $\frac{1}{2}$ tbs (milk) butter

Prepare as you did the Chocolate frosting. Decorate each cake with 12 candy hearts. On each fourth of a cake I will put a red frosting
de

Pictures on March of Progress

We had pictures on the March of Progress for eighty years put out by Borden's Milk. It showed the Chicago fire, the world war and many other things. It also told us how to can milk was discolored and the fight for cleanliness in the milk industry.

Make-up Work

Today we talked about the picture we had yesterday and got caught up on our note books.

Maple Nut Pudding

2 tbs brown sugar $\frac{1}{2}$ tsp mapleine
2 tbs cornstarch 1 tsp butter
1 C milk spk salt
1 tbs walnuts cut fine

Follow same method used in Blanche Mangel. Put nuts in mold in which you are serving the pudding. Pour pudding on top of it. Cool. Unmold. Serve.

Minute Tapioca Cream

1 C milk	$\frac{1}{2}$ an egg
$1\frac{1}{2}$ lbs tapioca	3 lbs sugar
spk salt	$\frac{1}{2}$ tsp sugar

Heat milk in D.B. Stir in sugar, salt and tapioca. Stir frequently and cook until tapioca is clear. Separate yolk from white of egg. Beat yolk with a fork. (Save the other couple half.) Stir some of the hot tapioca into egg yolk then ^{add} to all tapioca. Stir constantly until thick, about 2 minutes. Beat egg white with egg beater until it forms peaks. (Divide.) Remove from fire, add vanilla and fold in egg whites.

Excellent work

Brunch

Creamed Tuna on Croustades

Fruit Tapioca

Wednesday

Prepare the croustades. Cut slices of bread 2" thick. Remove crusts and cut each slice into two equal parts. Carefully pick out the insides, to make a box. Brush with melted butter and toast in the broiler.

For 2 girls

Fruit Tapioca

 $\frac{2}{3}$ c hot H_2O

3 tbs sugar

2 tbs Minute Tapioca

 $\frac{1}{3}$ c crushed pineapple

spk salt

 $\frac{1}{2}$ an egg $\frac{1}{2}$ tbs butter

spk grated orange rind

Prepare as in Tapioca Cream. - $\frac{1}{2}$ can orange, peeled, sectioned cut in half, and grated orange rind use for decorations.

Thursday

Creamed Tuna

For 4 girls

1 c milk

1 $\frac{1}{2}$ tbs flour1 $\frac{1}{2}$ tbs butter $\frac{1}{2}$ tsp salt $\frac{1}{4}$ c tuna

Proceed as you did in Lesson 17. after cooking for the three minutes, add tuna, and serve.

Bread Pudding

(HC) $\frac{1}{2}$ c milk	$\frac{1}{4}$ c bread crumbs
$\frac{1}{2}$ an egg	2 tbs hot H_2O
$\frac{1}{2}$ tsp butter	spk salt
2 tbs sugar	$\frac{1}{16}$ tsp nutmeg
$\frac{1}{8}$ c raisens	2 marshmallows

Pour boiling H_2O over crumbs. Let stand five minutes. Drain. Squeeze out H_2O . Scald milk. Add ^{to} this sugar, salt and bread. Heat thoroughly. Beat egg slightly add to cooking mixture. Stir well. Add washed raisens. Continue cooking until mixture coats spoon. Add cut marshmallows and butter. Pour into an oiled baking dish and bake at 350° until brown.

Prune Whip

$\frac{1}{2}$ c prunes 1 tbs lemon juice
 1 egg white spk salt
 $\frac{1}{3}$ c sugar

Remove seeds from prunes and cut them up or run them through a sieve until it is $\frac{1}{4}$ c of prune pulp.

Beat egg whites stiff. Gradually beat in sugar and prune pulp alternately. Add lemon juice and (pulp) salt. Serve with Boiled Custard.

Boiled Custard

1 egg yolk 1 tbs sugar
 $\frac{1}{2}$ c milk spk salt
 few drops vanilla

Scald milk in D. B. Beat egg yolk (with a fork). Stir in sugar & salt add this to the milk as in the Minute Tapioca, stir constantly until mixture coats spoon, then add vanilla. Do not cook too long. Pour over prune mixture. Serve.

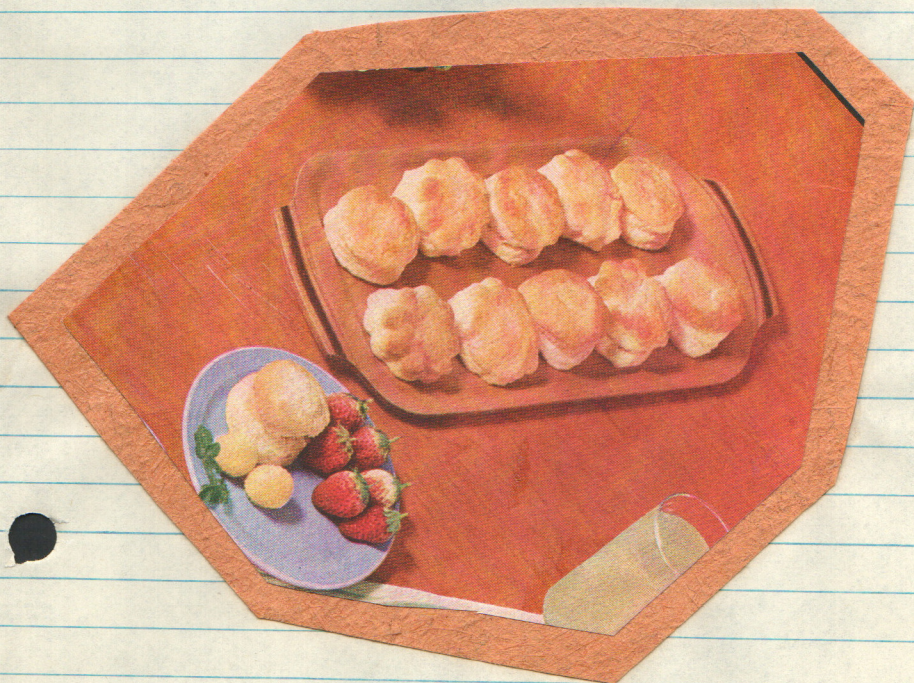
Demonstration of Biscuits

Mrs Abbott gave a demonstration on biscuits today. She told me how to mix the dough, when to tell when the dough was cooked long enough etc.

Baking Powder Biscuits

$\frac{1}{2}$ C sifted flour $\frac{1}{2}$ tsp baking powder
 $\frac{1}{2}$ tsp salt 1 tbs butter or other shortening
2 tbs. and 2 tsp milk.

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening. Add milk gradually, stirring until dough sticks to spoon and not to bowl. Turn out immediately on slightly floured board and knead 30 seconds, or enough to shape. Roll $\frac{1}{2}$ inch thick and cut with floured biscuit cutter. Bake on ungreased baking sheet in hot oven (450°) 12 to 15 minutes.



Dutch Apple Cake

$\frac{1}{2}$ an apple 2 tbs brown sugar
spk cinnamon 1 tsp flour
small recipe of Baking Powder Biscuits
as in Lesson 56

Roll dough to fit the bottom of your
pan. Peel and slice apple into thin
slices. Lay in cart. wheel fashion
on top of dough. Mix sugar, butter,
flour, and cinnamon together, until
nice and crumbly. (Use a fork). Spk
over the apples. Bake at 450° for 11 min.

for 2 girls

Lesson 58

Cinnamon Rolls

Use the same recipe you have been using for Baking Powder Biscuits only instead of using all white flour use half graham and proceed as usual.

spk salt	1 tbs sugar
spk cinnamon	1 tbs flour
$\frac{1}{2}$ tbs butter	

Mix all together (with a fork) until nice & crumbly. Roll out the biscuit dough to $\frac{1}{8}$ inch thickness and spread with this sugar mixture. Roll up very tight and cut into pieces. Oil your baking pan. Set rolls with spiral end on the pan. Flatten with a spatula. Bake at 450° about 15 minutes.

Picture on Bread

We had a picture on bread today. We learned how the wheat was grown and all the steps in grinding the wheat that it takes to make bread.

for 2 girls

Lesson 60

Creamy Rice Pudding

$\frac{1}{2}$ C cooked rice	$\frac{2}{3}$ C milk
$\frac{1}{4}$ C washed raisens	$\frac{1}{2}$ an egg
spk salt and nutmeg	2 tbs sugar

Heat milk, raisens, and rice together in D.B. Separate yolk of egg from white. Beat egg yolk with fork. Add to this 2 tbs sugar. Divide and give the other couple half. Add this to the cooking mixture, stir until thick. Pour into (and) oiled custard cups. Beat egg (white) white stiff then beat in 1 tbs and 1 tsp more sugar. Divide into four part and put on top of (cooking) pudding. Bake in a 350° until browned on top. Serve.